

# Silver Banner

## Spring 2012

Issue 75

Editor: Kelly Pizzi

### *Mission Statement:*

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Peru.

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### **The Dalton Senior Center Celebrates Black History Month**



Pictured: left to right : Herbert Lawrence, Bertha Lawrence and Barry Hudson.

The Underground Railroad Quilt made its stop at the Dalton Senior Center on February 24th. The luncheon, prepared by Devonshire Estates' Chef Tony Perry, was the first time the kitchen equipment was used to fully prepare a meal. Lunch was followed by a quilt talk presented by Bertha Lawrence. Bertha and Hebert were presented

with the Underground Railroad quilt for their 55th wedding anniversary by their friend and quilt maker Barry Hudson.

The Panels in the sampler each represent a message to assist slaves fleeing North to Canada; for examples, the Flying Geese identified a direction to travel and led to water where the Drunkard's Path warned slaves to move in a staggered route to avoid capture.

The Quilting Club is in the process of creating an Underground Railroad Quilt to be donated to the Dalton Historical Society. The quilt will be raffled off to raise funds for the restoration of the Hoose House on Gulf Road, believed to be part of the underground railroad.

Mrs. Lawrence will be recording a second presentation at the Dalton Community Television Station for those who were unable to attend.

### **Keeping Safe in the Community**

The Dalton Council on Aging, Dalton Police Department and Pittsfield Police Department are pleased to offer a 2 hour discussion on April 26th from 6-8 p.m. This workshop is being taught by Pittsfield's Police Department's Training Officer Nicole Gaynor, is **free and open to all Dalton residents regardless of age**. The workshop will be held at the Dalton Senior Center 40 Field Street Extension. Please call 684-2000 to pre-register for the class by April 19.

## Now! THURSDAY NIGHTS Until 8!

### LOOK WHAT A LITTLE PURPLE TICKET WILL GET YOU!

**Thursday Special— Movie Night 6:00—8:00 pm. The movie starts promptly at 6:00 so be early!**

Great Room A: Join us for a blockbuster movie and we provide the popcorn!



#### **May 10: J. Edger, (R)**

Directed by Clint Eastwood  
Staring Leonardo DiCaprio, Armie Hammer, Naomi Watts



#### **June 14: The Help, (PG 13)**

Directed by Tate Taylor  
Starring Emma Stone, Viola Davis, Octavia Spenser



#### **July 12: War Horse, (PG 13)**

Directed by: Steven Spielberg  
Staring Jeremy Irvine and Emily Watson

## Learn to Play Pitch

Classes start Thursdays at 5  
games for fun at 6

Sign up at the front desk or at the  
Bulletin Board

Strike Out with Wii Bowling!

So real and no heavy balls to throw!

Bowling begins a 6:30 pm on the

first, third and last

Thursday of the  
month.



### LIFELONG LEARNERS PROGRAM

TO BEGIN MAY 3

**THURSDAY 4 P.M.-5 P.M.**

**(REPEATS MONDAYS FROM 2-3 PM)**

IN A NEW PARTNERSHIP WITH THE DALTON PUBLIC LIBRARY THE DALTON SENIOR CENTER WILL BE HOSTING A SERIES ENTITLED: "THE WORLD WAS NEVER THE SAME: EVENTS THAT CHANGED HISTORY."

THE GROUP WILL TRAVEL THROUGH TIME AND HIGHLIGHT EVENTS THAT SHAPED THE WORLD WE LIVE IN TODAY. OUR JOURNEY WILL BE LED THROUGH 30 MINUTE VIDEO LECTURE (FOLLOWED BY DISCUSSION) BY THE MASTER STORYTELLER PROFESSOR J. RUFUS FEARS OF THE UNIVERSITY OF OKLAHOMA. PROFESSOR FEARS HAS WON 25 TEACHING AWARDS INCLUDING THE MEDAL FOR EXCELLENCE IN COLLEGE AND UNIVERSITY TEACHING.

THE SERIES WILL BEING WITH THE FIRST OF THE SERIES IN 1750 BC HAMMURABI ISSUES A CODE OF LAW. OTHER OFFERINGS WILL BE CHOSEN BY THE GROUP FROM TOPICS SUCH AS: THE ENLIGHTENMENT OF THE BUDDHA 526 B C; JESUS-TRIAL OF A TEACHER 36 AD; THE BLACK DEATH 1348; ERASMUS - A BOOK THAT SETS EUROPE ABLAZE 1516, ADAM SMITH 1776 VS KARL MARX 1867; THE ATOMIC BOMB IS DROPPED 1945; 9/11. THERE ARE 36 LECTURES TO CHOOSE FROM. CALL THE DALTON SENIOR CENTER TO REGISTER AT 684-2000.

## Dalton Senior Center News

### New Swipe Card Sign-in System

The Dalton Senior Center is now high tech with the **My Senior Center** Computer System now operating.

Sign in is easier than ever *and you never have to remember to sign out!* Just follow these simple steps:

- 1. Place your assigned key tag in front of the card reader. You will hear a loud beep when it reads your code.**
- 2. A selection of the days activities will be listed on the screen. Simply touch the event you are attending once.**
- 3. Press finish! That's it, you're done!**

If you are here for more than one event, such as AM Osteo-Exercise and are staying for a painting class, touch both buttons. A check mark will appear indicating that your registration was successful!

There are other handy tools too. If there is a message for you it will appear on your greeting page (the first page you see after you swipe your card). You can register for events in advance. Even volunteer hours can be recorded!



**Getting a barcode tag is just as easy:**

**If you are in our computer system already we simply need to assign you a tag.**

**If you are not yet in the computer, we simply need your name, date of birth, address, phone number and emergency contact name and number. Once entered you will have your new card!**

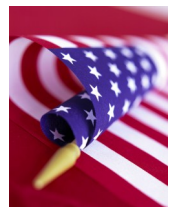
Did you see that young one hanging around our Senior Center?

Kudos to a couple of our young neighbors who have been coming to the Senior Center to give a hand.

Charlotte Wehman from Middlefield and a student of Westfield State College worked at the center observing the needs of our community. She then did the leg work! She collected information on public benefits, home care agencies and various housing options including Nursing Facilities, Rehab and Independent Living/Senior Apartments, and community services. The Resource Manual is located on the table outside of the Health Office.

Keith Filiault is a student at Wahconah Regional High School and is participating in Berkshire-Works Youth Services Department. Keith has been helping out in the kitchen, sweeping sand from the walkways and helping where ever help is needed. He is learning job skills, customer service and skills interacting with the public. He will be with us for the remainder of the school year so be sure to say hello!

### Veteran's Agent Now Holding Hours at the Dalton Senior Center



Beginning April 5 Rosanne Frieri, the Veterans Service agent will be keeping Thursday evening hours at the Dalton Senior Center from 4:30 - 7 pm.

You can stop by for general questions or if you wish to ensure meeting time, you can schedule an appointment by calling 499-9433.

# To Your Health: Laughter

*Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.*

## Laughter is good for your health

*Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.*

*Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.*

*Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.*

*Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.*

## Physical Health Benefits:

*Boosts immunity  
Lowers stress hormones  
Decreases pain  
Relaxes your muscles  
Prevents heart disease*

## Mental Health Benefits:

*Adds joy and zest to life  
Eases anxiety and fear  
Relieves stress  
Improves mood  
Enhances resilience*

## Social Benefits:

*Strengthens relationships  
Attracts others to us  
Enhances teamwork  
Helps defuse conflict  
Promotes group bonding*

## Creating opportunities to laugh:

*Watch a funny movie or TV show.  
Go to a comedy club.  
Read the funny pages.  
Seek out funny people.  
Share a good joke or a funny story.  
Check out your bookstore's humor section.  
Host game night with friends.  
Play with a pet.  
Join knitting, quilting, Mah Jongg or Pitch  
Goof around with grandchildren.  
Do something silly.  
Make time for fun activities (e.g. Wii bowling, miniature golfing, karaoke).*

*Selections from HelpGuide.org Authors:  
Melinda Smith, M.A., Gina Kemp, M.A., and  
Jeanne Segal, Ph.D. Last updated: February  
2012.*



## IN THE KNOW

### AARP COMMUNITY CONVERSATION: YOU'VE EARNED A SAY

AARP is taking the debate about the future of Medicare and Social Security out from behind closed doors in Washington so you can have a voice. The next President and Congress will determine the future of Medicare and Social Security and we need to make them understand:

You and your fellow Americans have earned your coverage and benefits and the protections and guarantees they provide. You have a right to speak up about how to protect and strengthen them for current and future generations.

You've earned a say in the future of Medicare and Social Security and AARP wants to hear from you!

Please join us on April 23 so you can give us your ideas and we will make sure your voice is heard. Linda Fitzgerald, AARP Massachusetts State President, will facilitate the conversation.

What: You've Earned a Say: Community Conversation  
When: Monday, April 23, 1:30 pm  
Where: Dalton COA, 40 Field St Ext., Dalton, MA 01226

To reserve your seat today, call 413-684-2000. This event is free, and pre-registration is requested. For more information, visit [www.aarp.org/ma](http://www.aarp.org/ma). Refreshments will be served.

Can't miss this one:

### **Preparing for the Expected and Unexpected Hospitalization April 27 8:30 a.m.**

Breakfast Club will host Denise Vigna of Craneville Place to discuss the status of hospitalization.

Did you know:

Observation status does not include prescriptions and does not count for 3 days in-patient toward nursing home coverage for rehab?

Other topics:

- \* Availability for Veterans Care
  - \* Comfort Care/Do Not Resuscitate (DNR)
  - \* File of Life
  - \* MA Health Care Proxy
  - \* Medical Data/Prescription List
  - \* Information and Forms
  - \* Order Verification Forms
- RSVP Today! Call 684-2000

### **Western Mass Dial-A-Lawyer Program offers Free Legal Advice Wednesday May 16**

*Volunteer Lawyers from the Mass Bar Association* will accept calls from 3:30~7:30 pm from Berkshire County residents (as well as other parts of Western MA). If you get a busy signal, hang up and try again. Call:

**413-782-1659**

Note: This number will only be active during this time period. Long distance rates apply. This event is co-sponsored by the Western New England College School of Law, The Republican, El Pueblo Latino, the Mass Association of Hispanic Attorneys and the National Hispanic Bar Association.

## Program Focus: Shake Your Soul

***Shake Your Soul®*, also known as *YogaDance®*, is a unique approach to fitness for men, women and children of all ages and abilities.** I have taught children with learning and physical disabilities ranging in age from 7 to 18 as well as adult men and women of all abilities, even people who use wheelchairs and have extremely limited range of motion. My most faithful student in Pittsfield is almost 90 and my most enthusiastic student in Dalton is a young man who uses a wheelchair and has the full use of only one arm. From professional dancers and entertainers to those who have never danced before, everyone loves *Shake Your Soul®*.

During the class, each student moves at her/his own pace and based on that person's own range of motion. There is no judgment, no "right" or "wrong" and no comparison to what others are doing. Each person's own inner dancer tells the body what to do. (Don't you ever get the "impulse to pulse" when you hear a great song?)

The benefits include improved flexibility, strength, power and grace; management of weight, cholesterol levels and blood pressure; an increased feeling of wholeness and vitality; a reduction in stress; improved brain health and cardiovascular fitness; a discovery of one's own joy in movement; a connection with other people; and just plain fun. In addition, dancing stimulates the right brain, which is also the part of our brain that opens us to the Divine. All you need to benefit from the class is a love of music and movement and a willingness to commit to a regular practice.

Most classes are one hour in length during which time students are led through a series of movements and easy dance steps. Based on the practice of mind/body centering, the fluid movements become familiar and muscle memory takes over allowing for more freedom and confidence. The use of world mu-

sic makes the class fun. We might begin with an African lullaby, groove to a little Santana and glide across the room to Tony Bennett's "La Vie en Rose."

Finally, let me tell you a little bit about myself. For over five years, I have been dancing at the Rhythms Center in Lenox and at Kripalu with Daniel Leven, one of the co-founders of *Kripalu YogaDance* and the creator of *Shake Your Soul®*. In early 2010 I received my certification as a *Shake Your Soul®/ YogaDance®* instructor from the Leven Institute for Expressive Movement in Lenox, MA, and subsequently retired from my full-time job as a Training Specialist at Berkshire County Arc so that I could teach this unique form of fitness in the community. My focus is primarily to work with seniors and people with disabilities. I teach classes in Berkshire County at senior centers, community centers, assisted living and nursing care facilities, day programs for people with developmental disabilities, day camps for children with disabilities, and at Berkshire Community College as well as in Lake George, New York at the International Reiki Retreat.

I am passionate about this form of dance/movement not only for the health benefits, which are many, but also for the opportunity to truly integrate body, mind and spirit. So why not try out a class today? If you have never attended one of my classes, let me know and your first class is free. You have nothing to lose (except perhaps for a few unwanted pounds!) and much to gain (like lots of new brain cells!). So LET'S DANCE!

Submitted by: Barbara D. Pastie, certified *Shake Your Soul®/ YogaDance®* instructor

***Shake Your Soul meets on Wednesdays from 10—11 a.m. Coupon and \$3.00 instructor fee applies.***

## The Lunch Bunch

**DO YOU LIKE TO EAT OUT? LIKE TO MAKE NEW FRIENDS?**

**THE LUNCH BUNCH MAY BE FOR YOU.**

**SIMPLY SIGN UP AT THE FRONT DESK AND MEET AT THE SENIOR CENTER ON THE DESIGNATED DATE TO CAR POOL. SEPARATE CHECKS ARE PRE-ARRANGED.**

**MAY 15: ZUCCO'S**

**JUNE: WAHCONAH COUNTRY CLUB**

**JULY: ZUCCINI'S**

**AUGUST: LUAU HALE**

**SEPTEMBER: DAKOTA**

**OCTOBER: "MYSTERY" DESTINATION**

**NOVEMBER: JAE'S OF LENOX**

**DECEMBER: "HOLIDAY" DESTINATION**

**CALL DIANNE ALDERMAN TODAY FOR DATES & MORE INFORMATION 684-5245**

## Depression, Anxiety Tied to Physical Disabilities in Seniors

But exercise may help shield against physical decline, study adds.

THURSDAY, April 5 (HealthDay News) -- Seniors with psychological distress such as depression or anxiety are more likely to have physical disabilities, a new Australian study says.

Regular physical activity, however, can protect against such problems.

Researchers examined data from nearly 100,000 Australian men and women, aged 65 and older, and found that 8.4 percent of them were experiencing psychological distress.

Compared to those with no psychological distress, the risk of physical disability was more than four times higher among those with any level of psychological distress and nearly seven times higher among those with moderate levels.

The researchers also found that seniors who were more physically active were less likely to have physical disabilities.

The study appears April 5 in the *Journal of the*

*American Geriatrics Society.*

"Our findings can influence the emphasis that we place on older adults to remain active," study leader Gregory Kolt, dean of the School of Science and Health at the University of Western Sydney, said in a journal news release. "With greater levels of physical activity, more positive health gains can be achieved, and with greater physical function (through physical activity), greater independence can be achieved."

Previous research has linked psychological distress to reduced physical activity and increased physical disability in many age groups.

### More information

The U.S. National Institute on Aging has more about [physical activity and exercise for seniors](#).

(SOURCE: *Journal of the American Geriatrics Society*, news release, April 3, 2012) Copyright © 2012 [HealthDay](#) All



Just for Laughs!

Phone: 413-684-2000  
 Fax: 413-684-6107  
 Email: dcoa@bcn.net

40 Field Street Extension  
 Dalton, MA 01226

HILLTOWN ASSOCIATION OF COUNCILS ON  
 AGING, INC.

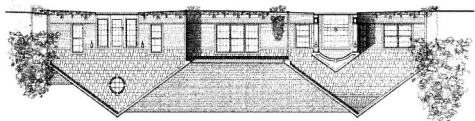
*Marcia Brophy, Dalton  
 Helga Knappe, Dalton  
 Sonny Nelson, Becket  
 Joan Moylan, Becket  
 Barbara Lufkin, Peru*

Board of Directors

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 Dalton, MA 01226

The Dalton Senior Center is a proud participant in TRIAD. Triad is a community collaboration with local law enforcement including County Sheriff's Office, Berkshire District Attorney's Office. We meet the third Wednesday of every month at 1 pm here at the center.



## PROGRAMS & EVENTS at the DALTON COA:

(NOTE: CENTER PROGRAMS HAVE A \$2 FEE PAYABLE TO THE SENIOR CENTER, SOME HAVE ADDITIONAL TO INSTRUCTOR FEES; EXCEPT SENIOR LUNCH. A \$2 DONATION IS PAYABLE TO ELDER SERVICES ONLY)

LUNCHES: Mondays and Thursdays at noon. Make your reservation at least 24 hours ahead.

OSTEO-EXERCISE: Tuesday and Thursday 10-11:30 and 12:30-2 (no afternoon the first Tuesday of the month).

FOOT CLINICS: Fourth Friday 9-3 by appointment. Call 684-2000: FEE: \$25

BLOOD PRESSURE CLINIC: Fourth Thursday 10-12 FREE

PITCH: Fridays 9:30-11:30 Recruiting new and seasoned now!

BRIDGE: 1-4 Thursdays.

OIL PAINTING CLASSES: Tuesdays, 12:30-3 PM Instructor Fee: \$15

MAH JONGG- Wednesdays 1-3.

KNITTING/CROCHETING Tuesdays 1-3

QUILTING Thursdays 10:30-3

TAI CHI Thursdays 1:30 sliding instructor fee \$5-\$8

SHAKE YOUR SOUL Wednesdays 10-11 Instructor Fee \$3

COMPUTER CLASSES-Learn to explore the web, send email, print photos. Dates & times vary. Call or check the bulletin board.

GARDEN CLUB- Spring is here! Check with the Senior Center for meeting dates soon!

## SENIOR CENTER WISH LIST

1. MULTI-MEDIA PROJECTOR - for presentations and outdoor movies!
2. ON-CALL VOLUNTEERS - front desk, Senior lunch (dishes/clean up), staff to assist with special events & cover during vacations.
3. MONTHLY VOLUNTEERS - Service Planning Committee, COA Friends, Board of Directors & more!
4. AED MACHINE (Automated External Defibrillator)

## Council on Aging Events off Site:

"Veteran of the Week": from the Veteran's History Project shown Saturdays on Chanel 16 of Time Warner Cable.

Life Program: (Living is For the Elderly) is held at Craneville Place. Upcoming dates are April 23, May 7, May 21, June 4, June 18, July 2, July 16, July 30